

Ignatieff in town to help bolster provincial Liberals



Would-be victims foil robberies

ATTACK Three knife-wielding assailants ran away empty-handed after their victims lashed out during two separate failed robberies Saturday night, Halifax Regional Police say.

The first incident took place before 9 p.m., when two males approached a man walking along Summer Street near Spring Garden Road in Halifax and demanded he hand over his jewelry while threatening him with a knife, police said. The man instead punched one of the would-be robbers and was able to escape.

The second incident happened near Herring Cove Road and Withrod Drive around 11:30 p.m. when a man grabbed a knife from his would-be robber, who then fled, police said.

METRO HALIFAX



President and CEO of United Way of Halifax Region Catherine J. Woodman says people in HRM are rallying behind those struggling during this recession.

Charities battle on in tough economy

United Way CEO says people rallying despite bad times

Sunny Side

PHILIP CROUCHER
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Tough times can bring out the best in people. And that is the case here, according to the president and CEO of United Way of Halifax Region.

"We're seeing people rally forward," Catherine J. Woodman tells Metro Halifax. "We're seeing people really seizing this opportunity to get involved."

As the country fights through a recession, Woodman says the need is great in Halifax Regional Municipality for people to give back to their communities.

Five ways to give back

Catherine J. Woodman, president and CEO of United Way of Halifax Region, gives five easy things people can do to give back to their communities.

- Give time: For example, mow your elderly neighbour's lawn or host a block party.
- Give expertise or effort: Volunteer your skills at a local organization.

And volunteering or donating doesn't have to involve giving money, she's quick to add.

She says there are many other ways to give back, from stuffing envelopes for a not-for-profit charity to visiting seniors in nursing homes.

- Give stuff: Donate your gently used possessions to organizations that can reuse them to help others.
- Give money: Every financial donation is valued by a non-profit group.
- Give a damn: Say hello to your mail carrier, write a letter to the editor or vote in this year's provincial election.

"It doesn't always come out of the pocket. It can come out of the heart and also be a meaningful way to contribute," she says. "We operate on the premise that everyone has something to contribute; it is just finding out what's the best fit for them."

Woodman says the United Way works with 55 not-for-profit organizations in HRM, and anyone interested in volunteering can sit down with organizers to find out what might be the best way for them to help.

She says there has been consistently more demand for not-for-profit groups in the last five to 10 years, but with the recession getting so much attention, "individuals have a lot more empathy right now for others who are struggling."

"It's harder and we're working harder, but we're still getting tremendous support from the community," she says. "Some people have less to give, but they're still giving."

Gunfire keeps police busy

KRISTEN LIPSCOMBE
Metro Halifax

CRIME Halifax Regional Municipality can add to its growing list of violent crimes this month, with Halifax Regional Police responding to a man shot in the city's north end Friday night and RCMP receiving a call of shots fired in Fall River Saturday.

HRP said officers showed up on Creighton Street in Halifax at 8:15 p.m. Friday, but when they arrived the male victim, who sustained several gunshot wounds, had already been taken to Queen Elizabeth II Health Sciences Centre. He was later released with non-life-threatening injuries. Investigators learned suspects might have taken off in a dark-coloured, four-door car.

Halifax RCMP arrived at a Philip Drive home in Fall River at 1:50 p.m. Saturday. The house reportedly belongs to James Melvin Sr.

"One shot actually hit a residence and we seized some bullet fragments," spokesman Cpl. Joe Taplin said yesterday, adding police are looking for a car, possibly a black Acura.

Several media outlets reported Jimmy Melvin Jr. was inside at the time, but Taplin wouldn't confirm that. The Melvins are a well-known local family linked to crime and are suspected of being in a drug war.

There have been several shootings in HRM this month, in addition to three murders.

Sunny Side

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Female candidates on the rise

There are more women running as candidates in this spring's provincial election than ever before, says Equal Voice Nova Scotia. The group, dedicated to seeing more women elected, says 34 women have been nominated by the three major parties, up from 30 in 2006 and 2003. **METRO HALIFAX**

3

Local



Dalhousie's sale of Fenwick Place done

Dalhousie University announced late last week the sale of Fenwick Place to Templeton Properties has been finalized. The Halifax company takes ownership of the 33-storey apartment building at 5599 Fenwick St. on June 15. Joe Metlege of Templeton says in a news release that units will be available to anyone looking to rent, not just to students. **METRO HALIFAX**

Iggy supports McNeil

Leaders promote image of unity for Canada and for Liberal party

COLIN CHISHOLM
for Metro Halifax

Federal party leader Michael Ignatieff joined Stephen McNeil at a rally in Dartmouth yesterday to help bolster the provincial Liberals' chances of forming the next Nova Scotia government.

"We're all together," Ignatieff told a group of supporters. "There is one party ... when federal and provincial (parties) are together ... nobody can stop us."

"Nova Scotians are looking to our party for leadership," McNeil said at the Dartmouth Sportsplex, the same place he launched his leadership campaign. "We can no longer continue to divide ourselves or we will remain ... the worst performing economy in our country."

Ignatieff and McNeil both criticized the federal and provincial governments for dividing Nova Scotia and Canada.

"I wasn't looking to be the premier of Halifax ... (or) of Cape Breton," Mc-



Federal Liberal Leader Michael Ignatieff, left, and provincial Liberal Leader Stephen McNeil salute the crowd during a party rally at the Dartmouth Sportsplex yesterday.

Neil said. "I was looking to be the premier of Nova Scotia."

Nearly 300 supporters swayed signs and shouted pro-Liberal chants during the rally.

Ignatieff spoke about the television ads that were put out by the federal Conservative party, which portray him as "just visiting" Canada.

"Stephen Harper doesn't

get to decide who's a good citizen and who isn't," he said, referring to other Canadian citizens living out of the country. "Are they less Canadian? I don't think so."

Green platform stresses action

PAUL MCLEOD
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POLITICS The Green party unveiled its provincial platform Friday for only the second time in the province's history.

In the 2006 election the Greens received 2.3 per cent of the vote and had no candidates elected.

So it's not surprising they see their role more as advocating for change than taking a real run at leading the province.

"We're

looking to raise the level of dialogue in this election," said Nova Scotia Green Party Leader Ryan Watson. "And to the next government, we're looking to make that government the best possible that it can be for Nova Scotia."

The Green platform cen-

tres on moving towards renewable energy, conservation and using the Genuine Progress Index to rate the province instead of GDP growth.

However, the party did not have any predictions of what any of their promises would cost. Watson did say

all of their promises are realistic and the platform was a vision of where the province needs to go.

He also criticized the other parties' environmental platforms for having a lack of vision.

"I'm just not really seeing them," he said. "What I'm not seeing is an understanding that this is urgent. We have got to work for our planet and we've got to work for our economy right now."

The party plans to field a full slate of 52 candidates in the June 9 election.

"What I'm not seeing is an understanding that this is urgent. We have got to work for our planet and we've got to work for our economy right now."

N.S. Green Party
Leader Ryan Watson

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WHAT'S ONLINE TODAY

Video Postmaster on tricked-out bicycle among the most popular soldiers in Kandahar at

metronews.ca/canada
Video In a rare step, Michaëlle Jean publicly urges the government to create an Inuit university at

metronews.ca/canada
Blogs Style columnist Kenya Hunt checks in with fashion hits from Cannes.



Lotteries Friday, May 22

Lotto Super 7: 1, 12, 17, 19, 25, 31 and 38.

Bonus: 41.

Saturday, May 23

Lotto 6/49: 7, 8, 15, 24, 27, 32. Bonus: 34

These results are not official.

Tories want parents to be liable for kids' actions

PROPERTY CRIMES The Progressive Conservatives proposed a law to make parents liable for their children's property crimes Friday.

It came one day after the Tories proposed a curfew where parents would face a \$500 fine if their kids are caught outside alone between the hours of 1 a.m. and 6 a.m., a news release said.

The property crimes law would make parents responsible for up to \$5,000 in damages if their child

damages or steals someone's property.

The Tories say parental defences could include that they were exercising reasonable supervision over the child at the time of the offence or made reasonable efforts to prevent the activity.

NDP justice critic Bill Estabrooks called the move a stab in the dark to try to appeal to voters.

"This is legislation by appearance, and not effectiveness," Estabrooks said in a news release. **METRO HALIFAX**

News in brief

FLU Nova Scotia doctors will now treat influenza A (H1N1), also known as swine flu, the same way they treat a regular flu, because so far that's all it's been. However, they warn the virus could be back and more powerful in the next flu season. Officials are still moni-

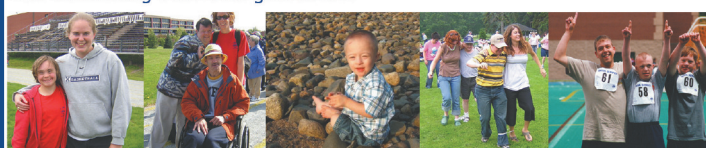
toring the track of swine flu to make sure there is no change in severity. Young, healthy adults are believed to have been killed by the disease when swine flu first broke out in Mexico. The outbreak in Nova Scotia has been nowhere near that severe. **METRO HALIFAX**



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Average cost of N.S. home hits record high

The average cost of a home in Nova Scotia jumped to a record \$206,668 last month, up 5.4 per cent over numbers from April 2008, according to the Nova Scotia Association of Realtors. **METRO HALIFAX**

4 local

MS Walk **Marching to make a difference**

Grant Baldwin takes part in the MS Walk yesterday with his son Max — who turns three tomorrow — on his shoulders in support of their friend Tracy Meagher. Three thousand people in 13 communities across Atlantic Canada participated in the walk, which raises awareness and funds for multiple sclerosis research and services.

Celebrating the dockyard

GEOFF DAVIES
for Metro Halifax



the diorama he gave the museum to mark the 250th anniversary of Halifax's naval dockyard.

Mike Oddy was at the Maritime Museum of the Atlantic yesterday, showing off for the first time

The gift, like the anniversary, has been a long time coming. The diorama is a nine-foot long depiction of

HMC Dockyard back in 1813. Oddy began working on it 16 years ago with four other men, and he says he has put about 8,000 hours of work into the model's construction.

Oddy was the only one of the group able to see the project through to completion, and he was at the museum yesterday to unveil it before a small crowd of visitors, museum officials and naval officers.

The diorama shows what the dockyard would have looked like 196 years ago next Sunday, on the day after an important British

Tall Ships redux

- The anniversary will be marked again with a re-enactment of longboat regatta, set to take place July 18 during the Tall Ships Festival.

naval victory during the War of 1812. Oddy, hailed as a "stickler for authenticity," researched the time period with the help of an expert historian. Some of the naval officers on hand took the opportunity to highlight the "inseparable" and "complex" relationship between the city and the dockyard.

Man wanted in drug store robbery

CRIME An armed man walked into a Halifax drug store Friday evening and walked out with some stolen medication, police said.

The robber entered the Pharmasave at 30 Farnham Gate Road, located inside the Rockingham Ridge Plaza, at about 5:35 p.m., Halifax Regional Police said.

He then threatened the store clerk working inside with a knife and snatched "a quantity of pills," according to a police report released Saturday.

The man was described to Halifax Regional Police as a white man who appears to be between 30 and 35 years old, about six-feet tall and between 225 and 250 pounds, possibly with dark-coloured eyes.

He was wearing a brown stocking over his face, a white ball cap with mesh backing, a white undershirt with a beige long sleeve button-up shirt over top, blue jeans, dark brown shoes and a watch with a black strap when the robbery occurred. **METRO HALIFAX**

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At least nine people were wounded when armed men attacked a preacher and worshippers in a Sikh temple in the Austrian capital Vienna yesterday, police said. Local authorities and witnesses said the violence involved members of several Sikh temples in Vienna who had been at odds for several years. Police said six people were arrested. **REUTERS**

Canada/World

Tories plan EI changes

POLITICS Human Resources Minister Diane Finley is announcing improvements to the employment insurance (EI) program today but it won't be enough to head off a collision with the Liberals that threatens to derail the Conservative minority government and force a spring election.

Finley's initiative is meant to help laid-off workers but a senior government source said it's nothing like the major overhaul of the EI system being demanded by opposition parties.

Liberal Leader Michael Ignatieff has threatened to topple Prime Minister Stephen Harper's government unless the Conservatives reform EI to make it easier to workers who lose their jobs to access insurance payments.



Liberal Leader Michael Ignatieff has threatened to topple the Conservatives if EI isn't made more accessible.

The Liberals want the government to establish a

national threshold of 360 paid hours of work for workers to qualify for EI during the economic downturn. Currently, depending on where a worker lives, it takes between 420 and 910 hours of paid work to be eligible.

A government spokesperson said yesterday the Conservatives have no intention of meeting that demand. "We would have to raise payroll taxes to do what the Liberals and NDP want and we are not going to do that," the spokesperson said.

And Finance Minister Jim Flaherty yesterday repeated his opposition to a major EI overhaul.

"What Canadians are looking for is a system that works properly," Flaherty said.

TORSTAR NEWS SERVICE

Ensuring meat safety impossible: Union

INSPECTORS Federal meat inspectors are each responsible for monitoring about five plants on average — a workload that makes ensuring safe food impossible, says their union.

In a staffing survey to be

released today, the agriculture union says it's impossible for meat inspectors to complete minimum safety tasks in more than two plants.

In Toronto, the Canadian Food Inspection Agency

has 34 inspectors assigned to 117 meat production and storage facilities, the union report says. With leave time factored in, that amounts to 4.6 plants per inspector, the union calculates.

TORSTAR NEWS SERVICE

Netanyahu defies U.S. on settlement freeze

Israeli Prime Minister Benjamin Netanyahu yesterday rebuffed U.S. calls for a full settlement freeze in the occupied West Bank and vowed not to accept limits on building of Jewish enclaves within Jerusalem.

Netanyahu's defiant stance set the stage for a possible showdown with U.S. President Barack Obama, who, in talks with the new Israeli prime minister in Washington last week, pressed for a halt to all settlement activity, including natural growth, as called for under a long-stalled peace "road map."

"The demand for a total stop to building is not something that can be justified and I don't think that anyone here at this table accepts it," Netanyahu told his cabinet, referring to Jewish settlements in the West Bank, an official said.

Netanyahu said Israel had no plans to set up any new West Bank settlements. But he told Obama, according to the official,

that his government "does not accept limitations on building" within what Israel calls its capital, the Jerusalem municipality, an area that includes Arab East Jerusalem and parts of the West Bank captured in a 1967 Middle East war. Palestinians want their own state in the West Bank and the Gaza Strip with its capital in Jerusalem.



Barack Obama

REUTERS

Philippines 12 killed in ferry disaster



Children play on a submerged ferry after it was towed to the shoreline of Puerto Galera resort in the city of Batangas, in the Philippines yesterday. At least 12 people, including three children and a Japanese tourist, drowned on Saturday when the boat bound for Puerto Galera overturned and sank in rough waters. Another 52 people were rescued and eight are still missing.

Pakistan strikes Taliban militants in northwest

GHALJO Pakistani aircraft bombed Taliban militants yesterday in the Orakzai ethnic Pashtun region, killing at least seven, while soldiers battled insurgents in the main town of the Swat region, officials said.

Pakistan, a vital ally of the U.S. as it struggles to stabilize Afghanistan, is engaged in its most concerted effort to roll back a spreading Taliban insurgency. The army launched an offensive this month after militants, emboldened by a controversial peace

Target

Residents said the aircraft had struck a madrasa, or Islamic religious school, which was being used by the militants.

deal, pushed out of the Swat valley to conquer neighbouring districts.

Government aircraft bombed militant hideouts in three villages over several hours, said a senior government official in the town of Ghaljo.

REUTERS

N. Korea conducts nuclear test: Report

TREMORS North Korea conducted a nuclear test last night, South Korea's Yonhap news agency quoted a ruling party official as saying.

The South Korean weather agency said it picked up a tremor indicating a test. South Korean President Lee Myung-bak called an emergency meeting of cabinet ministers over the test, Yonhap reported. North Korea had recently said it would again test a nuclear device in reaction to international sanctions after it fired a rocket in April.

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Police seek car seat in Stafford case

MISSING The search for the remains of eight-year-old Victoria (Tori) Stafford has entered its sixth day and Oxford Community Police are asking southern Ontario residents to be on the lookout for the back seat of the suspect vehicle.

On Friday, investigators released photos of a 2003 blue four-door Honda with marks of black spray paint.

Police believe the car, along with the young Woodstock, Ont., girl and her two alleged kidnappers, was at a Home Depot parking lot during the early evening of April 8 — the day Stafford disappeared.

Yesterday, Const. Laurie-Anne Maitland said they are searching for a missing part — the entire back seat. "The entire back is missing," she said. "We're just asking people to be on the lookout."

TORSTAR NEWS SERVICE

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All hail the goddess of shopping

HineSight



Anne Hines

metronews.ca/hinesight

In every age there are certain people who achieve such outstanding excellence in their chosen field of endeavour they become legendary. Shakespeare. Van Gogh. Wayne Gretzky. And, I

would add to that list, my mother-in-law, Glenda.

Glenda shops. No, the rest of us shop. We average consumers decide we need something, go into a store, determine if the price is reasonable and buy it. That's shopping. That sort of shopping is to Glenda what a round of miniature golf would be to Tiger Woods.

To Glenda, a garage sale is like shooting fish in a barrel. Glenda big-game bargain hunts. She makes shopping an extreme sport.

In her world, store flyers become racing forms. And the "suggested retail price" is merely an opening bid.

Among our circle of friends to "Glenda" a purchase means you talked the seller down to half the ticket price, snagged a gift with purchase and got a voucher for a free lunch. Minimum. She's got membership pricing from stores that don't actually offer memberships.

Recently, I managed a "Glenda." In a local junk store, I spotted three pieces

Sunny Side

of Evesham china. I love Evesham china. I do not own Evesham china because it costs more than china should cost unless it comes with a car or a small country. But I thought, possibly, at junk shop rates, I could afford one piece.

The clerk announced, "We're selling all three pieces together." My heart sank. "And," she said, "the price is seven."

There was a long pause as

my brain tried to connect the number seven with anything that made sense in terms of the normal price of these items. Seven camels? Seven years of indentured servitude? Seven years of paying it off on my Visa? Finally, I sputtered, "Seven dollars?"

I left the store with that Ikea ad running in my head, "Start the car! Start the car!" raced to Glenda's place and proudly displayed my prize. Her eyes glistened. Then she said what made me realize how truly

outclassed I was. "Did you try to talk them down?"

In northern Vietnam there are a people called the Red Daos. Travellers report this tribe has taken the art of haggling to heights unseen in the rest of the world. If some day Glenda goes missing I'll know she's been spirited away, asked to be their queen. But she'll refuse. She'll hold out for goodness.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Save money, time, the environment

CleanBreak



Rochelle Owen

metronews.ca/cleanbreak

Need more time to relax? Here are a few tips on how to reduce your ecological impact, save money and time:

Leave your grass clippings on the lawn and save yourself raking time. The grass clippings provide nutrients to your lawn. Let your lawn get a bit of a full head of hair before you mow it, especially in dry conditions. This keeps moisture in and means fewer mows per summer and fewer resources for mowing. Then, for even more reading time, replace lawn with low-maintenance native

vegetation.

OK, I have to admit I throw varieties of Hostas around the yard even though they are not native because even with lots of neglect they seem to flourish. I say we should also accept the dandelion. Sure, take a few out with a shovel to make yourself feel good, but be OK with the fact that a full-on assault effort is likely to wear you out.

Depending on where you are going, biking or walking may be quicker, especially if parking and traffic are an issue. It is also cheaper, faster, better for the air, and for your lungs. Another great tip taken from kindergarten

is sharing. Sharing chores, space and things can reduce the workload of one and cut down on costs.

In the last 50 years, average house sizes have almost doubled. Buy a smaller, more efficiently designed house and save cleaning time, ongoing costs and reduce the ecological cost of build and operating. Leadership in Energy and Environmental Design (LEED) Canada has recently launched a rating system for new homes that "promotes the design and construction of high-performance green homes." Contact the Atlantic Chapter of the Canada Green

Building Council for more details.

Fill things up before they are activated, like the dishwasher and washer. This will cut down on the number of loads you do and save electricity and water. Use technology to reduce the cost and time of travel by teleworking when possible, or by using audiovisual tools such as Skype to attend a meeting.

A final tip that I have learned the hard way: Measure twice, or in my case three to four times, and cut once. One time I cut outdoor carpet for a little trailer. I did a beautiful job. Except I cut the shape in reverse. So I had to cut again and wasted two hours and carpet.

Happy snoozing.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

HAVING IGNATIEFF AS LIBERAL LEADER HAS CERTAINLY ELEVATED THE POLITICAL DEBATE.



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EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Tree planting tips

If you have a yard, consider planting a deciduous tree on the south side of your lawn to block the sun during the summer, and let in solar energy during the winter when it sheds its leaves. If there's room, plant conifers on the north side to act as winter wind blocks.

TORSTAR NEWS SERVICE

Environmental success stories

Significant progress has been made on some fronts, leading to optimism for others

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

Sometimes the threats to the environment we are dealing with these days seem daunting. Global warming, deforestation, polluted air and water ... the list goes on.

Certainly these are grave problems requiring international co-operation, however, international co-operation to solve an environmental problem is not without precedent. Although difficult, it has happened on several occasions and threats to the environment have been removed and environmental conditions have improved.

Since your columnists

inhabit the Great Lakes area, one of the first to spring to our minds is Lake Erie. In the second half of the 20th century the water quality in Lake Erie declined dramatically due to phosphorus run-off. The high phosphate levels caused eutrophication and resulted in algal blooms. When this algal biomass started to decay it used up a large amount of the oxygen dissolved in the lake's water. The low oxygen concentrations in the water then led to fish kills. The large numbers of dead fish in the water caused water quality to decline still further. At one point, one of Lake Erie's tributaries in Ohio actually caught fire. As you may have guessed, unpolluted water doesn't burn so this was an indication that something was very wrong. Lake Erie became so infamous that Dr. Seuss' environmental classic *The Lorax* originally contained the line, "I hear things are just as bad up in Lake Erie."

Sunny Side

However, in 1972, U.S. Congress passed the Clean Water Act and an agreement was reached between the U.S. and Canada regarding the control of phosphorus entering the Lake. Over time water

quality in Lake Erie improved. By the mid 1980s, Lake Erie was an entirely different lake. Fish populations rebounded and the lake and its tributaries no longer caught fire. In 1985, the Ohio Sea Grant program wrote to Dr. Seuss about the cleanup of Lake Erie and he removed the

line about Lake Erie from *The Lorax*.

Another example of international co-operation that has resulted in positive change is the Montreal Protocol. This international agreement concerned the ozone layer and the control of substances such as chlorofluorocarbons (CFCs) that deplete the ozone layer. In 1985, it was reported that the ozone layer, a layer of gas that prevents harmful ultraviolet light rays from reaching the Earth's surface, was significantly thinner and holes in this layer had appeared over the Arctic and Antarctic. CFCs were, amongst other things, used as propellants in aerosol sprays such as hair-spray, which people used a lot of in the '80s.

The Montreal Protocol, which phased out CFCs, was drafted in 1987 and came into force in 1989. Since then ozone destruction has slowed and some projections have been made that by 2050 the

holes in the ozone layer will have closed up and the ozone layer will have recovered.

The Montreal Protocol has been hailed by former UN general secretary Kofi Annan as "perhaps the single most successful international agreement to date." Of course, the end of the '80s big hair era probably didn't hurt either!

Of course Lake Erie and many other lakes in Canada still face damage from nutrients and other forms of pollution, invasive species, and a host of other challenges, and we all still need to slather on the sunscreen, but significant progress has been made on these fronts and should give us encouragement on others.

International co-operation to solve environmental problems is possible the way it exists, all we need is the will.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.

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Camp in harmony with nature

With warm weather upon us, campgrounds and provincial parks are filling up with groups of families and friends anxious to enjoy the great outdoors. However, not all campers are as courteous to the environment as they can and should be.

Parents and scout leaders have been preaching the cardinal rule of camping for decades, but the message of, "If you pack it in, pack it back out," seems lost with some enthusiasts.

"Camping in harmony with nature is about making the right choices before you leave the house," says Wendy Mommersteeg, category director of paper towels and White Swan. "By making a shopping list of the appropriate items to bring, you make it easier on yourself to be environmentally friendly and create a greener place for everyone."

A great starting point is to bring the proper garbage bags to the campsite and remember to separate



"If you pack it in, pack it back out" should be one of the cardinal rules of camping.

garbage from recyclables. Messy campgrounds are often a result of garbage debris left from previous campers not properly disposing their waste. Always try to leave your campsite cleaner than you found it. "Make sure to bring reusable dishes instead of

disposable ones, along with paper napkins," says Mommersteeg. "Washing dishes reduces waste drastically, and you can sort your paper napkins from the rest of your garbage so you've got a head start when you light your campfire later in the evening."

Reusable dishes need to be washed after every meal. Dirty dishes and food left out can attract unwanted wildlife. Bring biodegradable soap and do not wash anything in your water source, as soap is not designed to go straight into a lake.

NEWS CANADA

5 Green tips for camping

Before you head out to one of Canada's beautiful parks for that much anticipated camping trip, consider the following tips that will enhance your camping experience and care for the environment.

1 Sort your garbage: Bringing different waste bags to separate food scraps and other garbage from paper waste can be helpful. When sorted, recycled fibre paper napkins can multitask to help you start a campfire later. Use reusable dishes: Do not use styrofoam and plastic picnic dishes and flatware. Washing dishes can be a chore, but it will reduce the amount of garbage you produce onsite. Repackage food: Remove all food packaging and

3 repack it in reusable containers. Don't bring individual packed food items, and clean up all food scraps while camping.

4 Meal time: When eating, be sure to use White Swan napkins to help keep mess to a minimum. Made from 100 per cent recycled paper and created using environmentally sustainable manufacturing process, they have less of an impact on the environment.

5 Bathroom etiquette: Bring and use one-ply products like White Swan bathroom tissue because it's made from 100 per cent recycled fibre and breaks down faster.

NEWS CANADA

Russian group mulls Facebook investment: Report

A Russian Internet group, Digital Sky Technologies, has offered to invest \$200 million US in Facebook in a deal that would value the social networking site at \$10 billion, the Wall Street Journal reported Friday. **REUTERS**

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Flaherty sees signs of recovery

Finance Minister Jim Flaherty said last week that there are promising hints of a recovery in the domestic economy. Government data showed retail sales rose for a third straight month in March, though the combined increase has not made up for steep drops at the end of 2008. Signs of improvement can also be seen in consumer confidence levels and in credit markets, Flaherty said.

REUTERS

Outlook for banks muddled

Bulls see turning point, but bears still preach caution

Swollen loan losses, soaring writedowns and slumping profits — it's enough to make even seasoned bank shareholders run for cover.

But with Canadian bank stocks on a rebound since March, wary investors are wondering whether it would be wise to hang on for the long-term or head for the exits while the getting is still good. Analysts appear divided on the issue, but surmise that the upcoming round of second-quarter earnings should provide some sense of direction.

Banks, meanwhile, are facing a delicate balancing

Trouble spots

- The key trouble spots are likely defaults in credit card lending, while commercial mortgages are also expected to show increasing signs of stress.

act for the remainder of fiscal 2009. In order to stay profitable, they have to keep loans flowing, while boosting some rates because the recession is rife with risk. At the same time, they must sop up climbing credit losses and maintain plump capital cushions — all without jeopardizing the sanctity of their dividends.

While acknowledging that the economic outlook

remains murky, bank bulls argue this earnings season marks a turning point. For the first time in about 18 months, those much-maligned capital markets-related writedowns are not expected to eclipse the earnings parade.

The running tally of those charges hit \$20.24 billion for the "Big Six" at the end of January. While more writedowns are anticipated for the February-

to-April quarter, some analysts suggest this batch of reports could signal those charges are on the wane.

Those in the bear camp, however, are advising investors to be extremely cautious because bank stocks remain fraught with risks. In short, "the economy still sucks," observed John Aiken of Dundee Capital Markets in a research note to clients. He has a majority of "sell" ratings on Canadian banks, most because they are bracing for more bad loans as the economy sheds jobs and consumer bankruptcies soar.

TORSTAR NEWS SERVICE

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Swift action urged on free-trade deals

AGRICULTURE Canadian wheat and barley will face a major competitive disadvantage in South America unless Ottawa ratifies free-trade agreements with Peru and Colombia, Canada's farm minister has said.

The free-trade deals that Ottawa has negotiated but not yet implemented would give Canadian grain tariff-free access to Colombia and Peru, matching access enjoyed by rival grain producers Argentina and the United States.

"Without free-trade agreements with Colombia and Peru, Canadian producers will lose hard-won, vital market share to our competitors with little chance of regaining that market," said Agricul-

Potential growth

- Grain exports to Colombia and Peru could grow by 10 per cent to 20 per cent within a couple of years after free-trade deals are implemented, said Ian White, president and chief executive of the Canadian Wheat Board.

ture Minister Gerry Ritz, who met last week with Colombian and Peruvian ministers during a trade mission to South America.

Ritz plans to present the Colombian free-trade deal in Parliament this week, but said he expects opposition parties to stall its passage over concerns about human rights in Colombia. Colombia may ratify the free-trade deal this summer, but then the issue faces a further six to eight months in that country's courts, Ritz said.

REUTERS

Base metals have potential: Analysts

FORECAST Canadian base metals stocks took it on the chin last year, losing more than two-thirds of their value after getting drop-kicked by plunging materials demand and a wave of panic selling on stock markets.

Now, they are back with a vengeance, more than doubling since early March.

Despite the speedy ascent and some doubts about demand, analysts said stock fundamentals and the longer-term prospects for economic recovery suggest there's plenty more upside in the sector.

John Hughes, a mining analyst at Desjardins Securities, said he favours base metal stocks over gold miners despite a 103 per

cent rise in the base metals-heavy S&P/TSX mining subgroup in just over 10 weeks, a gain that would seem overheated

compared to the steadier 20 per cent rise of golds over the same period.

While base metal shares may be due for brief period of flat trading, or even a pullback, Hughes said the sector will get a further boost as metals demand ramps up later this year. As well, valuations are still reasonable.

REUTERS

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Business in brief

OIL OPEC members Saudi Arabia and Libya are confident oil prices will keep rising to eventually hit \$75 US a barrel, but acknowledged it would not be any time soon as a weak world economy keeps a lid on demand.

AIR TRANSPORT A decline in the air cargo freight market following the international financial crisis seems to have hit bottom, the head of the International Air Transport Association said yesterday. Global air freight volumes have slumped amid the economic downturn

and in January saw a record 23 per cent year-on-year dive. The global association's director-general Giovanni Bisignani said the market had at least been stabilizing at levels around 20 per cent lower than a year ago.

HOTELS Gulf Arab countries have more than \$140 billion US worth of hotel projects under construction, with just 19 per cent being suspended or cancelled as the industry faces a global slowdown, a survey showed yesterday.

REUTERS

Australia 50 years of the Mini



Mini enthusiast Rebecca Hatch wipes her Mini Coopers during the 50-year celebration of the Mini in Australia at Harold Park Raceway yesterday in Sydney. This showcase featured the largest gathering of Mini vehicles Australia has seen.

The DAILY BUSINESS BUZZ

Green technology at inn: EnCom Alternative Energy Solutions Ltd. has successfully implemented their carbon-reducing and oil-saving technology at the Quality Inn, Halifax Stanfield International Airport.

Tattoo economic impact: The Royal Nova Scotia International Tattoo has announced that across the province, \$52.8 million could be attributed to tourists who visited the 2008 Tattoo, up from \$47.6 million in 2007.

Bees lost over winter: Nova Scotia lost a record 26 per cent of its honey bees over the winter due to wet, miserable weather and lower-than-normal temperatures.

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Dartmouth's Flynn runner-up for coaching award

Dartmouth's Danny Flynn of the Moncton Wildcats was runner-up to Bob Boughner of the Windsor Spitfires for Canadian Hockey League coach of the year on the weekend. Cody Hodgson of the Brampton Battalion was player of the year. **METRO HALIFAX**

Spitfires win championship

Team bounces back after losing first two games at Memorial Cup tourney

MATTHEW WUEST
matthew.wuest@metronews.ca

The Windsor Spitfires defied the odds en route to their first Memorial Cup championship yesterday.

The Spitfires became the first team in history under the current format to win the Canadian Hockey League title after starting the tournament with back-to-back losses, beating the Kelowna Rockets 4-1 in the final in Rimouski, Que.

Spitfires forward Taylor Hall, a top prospect for the 2010 NHL entry draft, was tournament MVP after helping the 34-year-old franchise win its first Memorial Cup.

"Our team's used to doing it the hard way and I don't think we'd do it any way but that," Spitfires blue-liner Ryan Ellis told Sportsnet. "We've done it together and it's special. We're never going to forget this and it's been a blast."

The Rockets, who had been off for four days after



Windsor Spitfire Taylor Hall holds the MVP trophy while he is congratulated by his teammates after the Spitfires won the Memorial Cup against the Kelowna Rockets in Rimouski yesterday.

earning a bye to the final, were rusty early, allowing three goals in a 3:11 stretch starting 3:22 into the first period.

Adam Henrique, Dale Mitchell and Rob Kwiet did the offensive damage for

the Spitfires in the first. Kelowna's Colin Long scored eight seconds into the second period but Ellis delivered the knockout punch at 12:38 later.

Spitfires goaltender Andrew Engelage made 17

saves.

"We got three goals on three shots," said Hall, who had eight points in six games. "It gave us confidence and we got our game rolling. From there, it was a little bit easier."

Cup winners

Past winners of the Memorial Cup

- 2008: Spokane Chiefs
- 2007: Vancouver Giants
- 2006: Quebec Remparts
- 2005: London Knights
- 2004: Kelowna Rockets
- 2003: Kitchener Rangers
- 2002: Kootenay Ice
- 2001: Red Deer Rebels
- 2000: Rimouski Oceanic
- 1999: Ottawa 67's

Although the Ontario Hockey League champion Spits were pre-tourney favourites, Kelowna, attending its fourth Memorial Cup in seven years, entered as underdogs after upsetting the Calgary Hitmen in the Western Hockey League final.

"It's disappointing to lose and it hurts but you have to look at our overall season," Rockets blue-liner Tyler Meyers told Sportsnet. "You have to give our guys credit. We had an unbelievable year, and give Windsor credit. They played great."

Dartmouth players honoured

BASEBALL Four members of Dartmouth Moosehead Dry were among 11 players honoured as the best in Nova Scotia Senior Baseball League's 32-year history on Friday.

Designated hitter Darren Doucette, right-handed pitcher Trevor Zwaan, left-handed pitcher Jason Bailey and outfielder Joel Irvine all made the list, which also featured former Halifax Pelham Canadians Jim Pelham and Kevin Umlah.

Doucette holds the league record with 126 home runs; Zwaan is a four-time all-star with a 66-11 career record; Bailey is 71-14 with 724 strikeouts and was Canada's amateur player of the year in 1995; and Irvine is a 13-time all-star.

The selections were made by league statistician Burton Russell.

In league action on the weekend, Dartmouth dumped the Nova Scotia Canada Games team 8-1 and 7-0 in a doubleheader at Beazley Field as the season got underway.

METRO HALIFAX

Delmas likely done in Maine

Peter Delmas' days in Lewiston, Maine, appear to be over.

The Bedford goaltender has spent three seasons with the Lewiston Maineiacs, but is expected to be traded to the Quebec Remparts in two weeks, RDS.ca reported on the weekend.

The report indicates the Maineiacs are sending Delmas, feisty captain Danick Paquette, top defenceman Patrick Cusack and forward Dominic Savoie to the Remparts in what appears to be a trade of blockbuster magnitudes.

Delmas, a second-round draft pick (61st overall) of the Colorado Avalanche last June, is coming off a tough season in Lewiston. He started 38 games on a poor team and had uncharacteristic 4.11 goals-against and a .867 save percentage.

The Remparts are reportedly looking to make a run at the Memorial Cup



Bedford goaltender Peter Delmas is expected to be traded to the Quebec Remparts in two weeks, RDS.ca reported.

and need a goaltender after starter Charles Lavigne wrapped up his career earlier this month.

It's not the first deal the Maineiacs appear to be working on. Metro Halifax reported last week the Maineiacs could be on the

verge of shipping former sixth overall draft choice Garrett Clarke to the Halifax Mooseheads. The Mooseheads would send back a 19-year-old forward and a seventh-round pick.

**MATTHEW WUEST/
METRO HALIFAX**

Sports in brief

STOCK CARS Greg Proude of Springvale, P.E.I., has the first victory of the Carquest Pro Stock Tour season. Proude took the Lucas Oil 100 at Scotia Speedway near Halifax on Saturday night, edging out Hubley's Daryl Mahar and

third-place finisher John Fleming of Halifax. Timberlea's Wayne Smith, last year's tour winner and a five-time champion, checked in at fourth and Lonnie Sommerville of Quispamsis, N.B., rounded out the top five. Perennial

contender Shawn Turple of Enfield placed sixth. The Carquest tour returns to action on June 6 with the Ron MacGillivray Chevrolet 100 Riverside International Speedway in James River, Antigonish Co.

NEWS CREDIT

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In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Getting the knots out

Massage therapy a lucrative and relaxing job market

Head to Toe

MAT LECOMPTE
for Metro Canada

There should be one word that comes to mind after reading the following job description: "You can work outdoors, year round with your hands, never get dirty or worry about developing chronic back pain."

That word: Lie.

Unless, of course, that statement was written about a massage therapist.

In addition to offering a form of pain-free manual labour, massage therapy offers plenty of financial incentive — the average price for a 60-minute massage is about a dollar a minute — and the option to choose your own hours. Not a bad start. From providing spa-powered relaxation to treating sports injuries, massage therapy

can be a good career choice for nearly anyone interested in health. Plus, who doesn't like a person who gives a great massage?

David Lamy, instructor and admissions councillor at Toronto's Elmcrest College, says a career in massage therapy offers people a rewarding lifestyle that can begin almost instantly upon graduating from their two-year program.

"Right now, there are more jobs available than there are people to do them," says Lamy, who has been a massage therapist for 11 years. He says this is because the various benefits of massage therapy have become more exposed in recent years and are increasingly recognized by many insurance plans as an essential health service.

In terms of career options, Lamy says there really isn't any avenue you can't pursue as a certified massage therapist.

Take 28 year-old Craig Knight for example. A certi-

fied massage therapist, entrepreneur and golf enthusiast, Knight started up a small business called Hands at Work almost immediately following graduation. The business focussed specifically on providing massage services in corporate environments.

Basically, he would show up at your office with his massage chair and work his magic on employees.

However, as his business grew, he began to get more and more inquiries about appearing at corporate golf tournaments. Considering he knew quite a bit about

Flat tuition at U of T

A proposal to introduce a flat tuition fee at the University of Toronto's arts and science faculty will go ahead as the university's governing council has approved the plan to charge new full-time students at the St. George campus for five courses, regardless of how many they take, beginning in September 2011.

METRO NEWS SERVICES



Craig Knight, certified massage therapist, counts PGA Tour pro Rory Sabbatini, seen here, as one of his clients.

the intricacies of golf, he figured he would switch gears and start focusing on a specific niche: Golfers.

"While in school I always believed that it was important to specialize and work within a particular niche market," says Knight. "There are thousands of practising massage therapists and I wanted to find a way to stand out."

He says his "ah-ha!" moment came to him while working a golf tournament and at least one golfer in every foursome he encountered was complaining of some type of golf-related pain. From that experience, he created a new business called TournamentTouch (tournamenttouch.com) that specializes in on-site massage therapy

for golfers.

Of course, the golf season in Canada is only a few short months. This winter Knight took a position with Back9Fitness (back9fitness.com) in Fort Worth, Texas. Working with professional PGA Tour golfers like Rory Sabbatini, Jason Bohn and Jason Day, he helped these players in removing the physical barriers that were impacting their play.

With his help, these pros are now able to practise longer, move more freely and improve nearly every physical aspect of their game.

For more of the Head to Toe exclusive series check Workology frequently or stop by: metronews.ca/work

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How to Twitter your business to the top

CANICE LEUNG
Metro Canada

ONLINE If there was any doubt micro-blogging and social networking site Twitter has arrived as a true on-

line force, it will disappear tomorrow when an estimated 300 people descend upon Mountain View, Calif., for 140: The Twitter Conference.

Over two days at the Computer History Museum,

developers, bloggers, the entrepreneurial and PR-types will attend seminars on how to use Twitter to promote businesses.

It's being organized by Parnassus Group, a consulting firm that helps compa-

nies track and manage what's being said about them on social media — Twitter, Facebook, blogs, message boards and everywhere on the web.

The Twitter Conference may seem too minuscule a topic to base an entire conference around — especially at \$395 US a head — but Steve Broback, head of Parnassus, thinks otherwise.

"(Attendees) are Twitter enthusiasts, and want to commune with other early adopters of what is emerging as a pivotal web-based ecosystem," he says — and the way he puts it, it's a broad audience.

In such a connected age, it would be remiss for a company not to represent itself online, especially on Twitter, a format that lends itself to honest, direct conversations — the 21st century version of word-of-mouth.

"As individuals and consumers, we have a lot of power today that we never had in the past. We can

share our impressions on anything, just about anywhere online," says Warren Sukenek, director of content marketing for Radian6, a Fredericton, N.B.-based company similar to Parnassus Group. "The really impactful ones (such as) a simple blog post can spread virally like wildfire."

That's why it's imperative for companies to maintain a strong Twitter presence, build relationships and respond to what's being said about them, he adds.

One company that's succeeded with Twitter is Jet-Blue Airways (@jetblue). It reports delays, announces fare sales and answers questions.

Sukenek uses the much-grumbled-about Rogers as a hypothetical example: "If you were to send a question to Rogers, and they didn't respond, your impression is that they failed, they stink. Whereas on the other hand, if you said something to them ... and they responded within 10 seconds, and it

Followers

- To follow the conference in real time on Twitter, go to search.twitter.com and look up #140TC. All attendees, including Metro's own Chris Tindal and Jodi Brown, are marking their posts with that tag.

was relevant, you'd think, 'Wow, that's cool that there's a person there.' Being on Twitter can humanize a company and a brand."

Ignoring customers won't work; that's clear. Neither will shamelessly shilling its product, adds Broback.

In a lot of ways, social networking sites really are what they're called. The time-old rules of traditional networking still stand, says Sukenek: Be friendly, helpful and ready to reciprocate. "Networking has existed forever and all the strong benefits of networking don't change today."



Sukenek

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Kissing at Cannes

Harvey Weinstein pressed Robert Pattinson into service at the Cannes Film Festival, suggesting the actor auction off a couple of pecks on the cheek to someone's daughter. The Twilight star obliged, and each kiss ended up raising more than \$30,000 US for AIDS charity amfAR. **METRO WORLD NEWS**

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Interviewing John Lennon

I Met the Walrus hits bookshelves

KEVIN COURRIER
for Metro Canada

When I "met" John Lennon back in 1966, after The Beatles' final Toronto concert, I accidentally tripped him as he was heading down a flight of stairs on his way to the group's press conference.

Author and lawyer Jerry Levitan did way better. As a 14-year-old determined Beatles fan, he snuck into Lennon and Yoko Ono's Toronto hotel room back in 1969. He ultimately got a



John Lennon

taped interview with these two famous pop figures as they were launching their world peace campaign.

"The moment when I barged into the room and saw John and Yoko, I knew it was a profound moment," Levitan recalls. "I knew it would change my life forever." Indeed it did.

In 2008, his tape would subsequently form the basis of an Oscar- and recent Emmy-nominated animated short called I Met the Walrus. Now Levitan's dream story has been turned into a delightfully

engaging and informal memoir (also titled I Met the Walrus) about how his brush with greatness altered his life in totally unexpected ways.

"I was definitely an unusual kid ... And I had this great need to see a different world than my north Toronto suburb where I didn't feel that I fit in."

Within that quaint suburb, Levitan describes himself as an asthmatic loner. But he was a huge Beatles fan — and Lennon was his idol. "Lennon was clearly the smartest (Beatle)," Levitan asserts. "His comments were always intelligent, sarcastic, cynical and witty."

I Met the Walrus

• The I Met the Walrus documentary recently received Daytime Emmy Award nominations and a nod from The Banff World Television Awards. The book hits stores in Canada tomorrow.

That appealed to me." Those attractive qualities are what fed Levitan's desire to meet Lennon.

"He was the kind of person I wanted to be." And when they met, they dis-

cussed the prospects for world peace and how high school students could best help in attaining it.

I Met the Walrus, which includes a DVD featuring Levitan's complete audio in-

terview plus silent Super-8 film footage that he shot of the couple, documents the details of his famous scoop — plus later encounters with comedian Jerry Lewis and Pierre Trudeau.

Film option

Jessica Biel is looking to expand her resume. Could a future film include boyfriend Justin Timberlake? "If it was the right thing, yeah, I would love to co-star with Justin," says Biel. **PEOPLE.COM**



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5/25/09	31	31	31	ABC	News Center 5	ABC Wild News	Inside Edition	Chronicle	The Bachelorette (N)			Newlyweds
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	The Craft ** (1996, Horror) Robin Tunney.			Medium
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	The Englishman's Boy (2008, Drama)	Michael Theriault.		CBC News: The National		The Hour
	2	2	2	CBC-F	Urgences (SC)		Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)	Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	Big Bang Th	How I Met		CSI: Miami
	69	69	69	CFTM	TVA 18 heures	Sucré-salé	Les Gags	Ma Maison Rona (SC)	Monk (HDTV) (SC)	TVA 22 heures		News (N)
	6	6	6	CH-F	Entertainment	ET Canada	Bones (HDTV PA)	House "Emancipation"	Hip to Be Holy (N)			CTV News
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV)	Big Bang Th	Gary Unnarr	Two/Half Men		Old Christine
	10	10	10	ELTV	EastLink Mag.	Fishing	Build It	The Job Zone	Incl. Revolution	EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House "Emancipation"			Fox First
news	12	12	12	NBC	7 News	NBC News	Hollywood	Extra (N)	Dateline NBC			Medium
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour			National
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Auction Pre	Antiques Roadshow (N)		CBC News: The National		Hallowed Grnd
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow (N)		American Experience (HDTV)		Fighting-Life
	68	68	68	TQS	Rire et délire	Chemin du golf	Loft Story	CT'une joke	CSI: NY (SC)	Flash Point		110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News		Market Call
	18	18	18	CNN	Situation Room-Wolf Blitzer		Lou Dobbs Tonight		Anderson Cooper 360			Cooper 360
	54	54	54	GOLF	Golf Central	Top 10 (HDTV)	Learning	Lessons	The Golf Fix	Links		Honey Project
	52	52	52	RSE	Hockey Central	Sportsnet Con.	Women's Soccer	Canada vs. United States. (Live)				Sportsnet Con.
	55	55	55	SCOR	(6) HSR		RaceNight					
sports	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	This Week in NASCAR (N)			Auctions
	53	53	53	TN	Off the Record	SportsCentre	That's Hockey	World Poker Tour				NBA Basketball: West Final
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz		Ned's School
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN		Robot Chicken
	26	26	26	TREE	Ni Hao, Kai-Han	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin		Comfy Couch
	27	27	27	YTV	Drake & Josh	iCarly	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama		Falcon Beach
	16	16	16	A&E	Intervention "Angelina"		Intervention (HDTV)		Intervention "Gabe" (N)			Obsessed (N)
	70	70	70	APTN	News (N)		Notre Peuple		Tam	Pachamama		Terre sauvage (1994, Western), Vivian Schilling
	50	50	50	BET	Beauty Shop ** (2005, Comedy)	Queen Latifah	Dancing on a Shoestring		Barbershop ** (2002, Comedy) Ice Cube.			Nora's Hair 2
	37	37	37	BRVO	Street Legal		Cheer Moms	Cheer Moms	Tuckerville (N)	Home Improve.		Hope & Faith
family	25	25	25	CMT	Dedicated		Al Fairce	Just for Laughs	Corner Gas	South Park		Bill Engvall
	153	153	153	COURT	W-FIVE		World's Wildest Police Videos		Body-Evidence	Dumb Criminal		Police Videos
	38	38	38	DISC	Canada's Worst Driver		Daily Planet (N)		MythBusters			Handyman
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	For Rent	Income Prop.		House Hunters
	46	46	46	HIST	For King and Country		NCIS "Tribes"		Hero Ships			NCIS
	17	17	17	MM	Shot at Love-Tila Tequila		One Tree Hill		Video on Trial	Video on Trial		MuchNews
	19	19	19	MM	mmtop10.ca		The Daily Fix		Ranked!			Entourage
	201	201	201	M1	(6:20) Fly Me to the Moon		Stargate Atlantis		Sanctuary "Folding Man"			The Line
	48	23	23	OLN	The Amazing Race 2		Bounty Hunter	Bounty Hunter	Departures			Bounty Hunter
	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	House-Payne	House-Payne		Men in Black II ** (2002, Comedy)
cable variety	206	206	206	PIX	(6:50) Louis the 19th (1994, Comedy)		Time of the Wolf (2002, Drama)		Grands reportages L'or. (SC)			Le Téléjournal (SC)
	67	67	67	RDI	RDI en direct		24 Heures en 60 minutes		Cashing In	Kink in Hair		RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Wedding SOS	Wedding SOS		Name is Earl
	40	40	40	SLICE	The Mom Show		Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS		My Wardrobe
	47	47	47	SPACE	Stargate SG-1		Star Trek: Voyager		Nature Unleashed: Tornado (2004)			
	14	14	14	SPIKE	CSI: NY "Personal Foul"		UFC Unleashed		UFC Unleashed			4th and Long
	57	57	57	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk		Tonight Show
	21	21	21	TLC	Jon & Kate Plus 8 Go Green!		Jon & Kate	Jon & Kate	Carlawood	Prod. Parker		Cake Boss (N)
	56	56	56	34 TROP	What Happen?	What Happen?	Vanity Insanity	E News	Les Grandes déconvenues culturelles			Smarter
	20	20	20	TVS	Que-champion	Journal de F2	Mo' de passe		Green Grass	May-December		Club social
cable variety	28	28	28	V	Nothing Too Good		Murder, She Wrote		Still Small Voices (2007, Suspense)	Catherine Bell.		Twist of Faith
	60	97	97	VIVA	Mysterious Ways		Judging Amy		How Clean	Kim		100 Days-Free
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Love It or List It			The Agents (N)
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball Pittsburgh Pirates at Chicago Cubs. (HDTV) (Live)			

critics' corner

Dirty Jobs

Host Mike Rowe heads to Oxnard, Calif., home of the Dirty Potato Chips company, the state's only independent chip manufacturer. Much of the slicing and cooking is done by hand, so it's no shocker that Mike finds ways to participate. Though he's quite proficient at taste-testing, he's rather a dip at mixing ingredients. 10 PM on DISC



Medium

Allison dreams about a quirky bank teller with a psychic ability who seemingly predicted a recent robbery at her bank. Joe's (Jake Weber) new job in San Diego puts a strain on the family as Allison is forced to cope with problems in his absence in the new episode "The Talented Ms. Boddicker." 11 PM on NBC

Here Come the Newlyweds

Nine just-married couples compete for a nest egg worth hundreds of thousands of dollars in a series of mental and physical challenges designed to test the love and passion each partner has for the other — not to mention their competitive spirit — with the contestants voting to send home one couple at the end of each week's episode. Pat Bullard is host. 11:02 PM on ABC

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Sean Paul - So Fine

Candy Coated Killahz - Playboy

Kelly Clarkson - I Do Not Hook Up

Eminem - We Made You

Flo Rida - Sugar

Black Eyed Peas - Boom Boom Pow

Jamie Foxx Ft T-Pain - Blame It

3OH!3 - Don't Trust Me

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Elizabeth Hurley is desperate to get back into movies. The actress — who's married to businessman Arun Nayar and has a son Damian, 7, from a previous relationship — misses her old career and would love to squeeze a film project into her busy life. FEMALEFIRST.CO.UK

Hurley wants a comeback

Celebrity Buzz

Kiefer's charges could be dropped?

CATCHING A BREAK? Kiefer Sutherland and the alleged victim of a head-butting incident have resolved their differences, clearing the way for an assault charge against the actor to be dismissed, people.com reports.

Sutherland apologized to fashion designer Jack McCollough, who claims the 24 star broke his nose in a scuffle at a New York nightclub on May 5.

"I am sorry about what

happened that night and sincerely regret that Mr. McCollough was injured," Sutherland said in a joint statement released to the media.

McCollough said in the statement:

"I appreciate Mr. Sutherland's statement and

wish him well," according to the release.

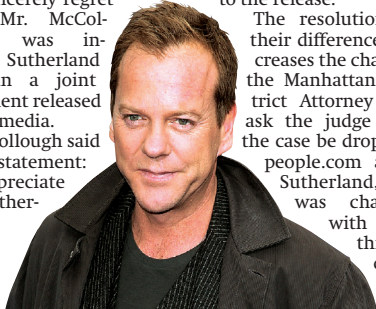
The resolution of their differences increases the chances the Manhattan District Attorney will ask the judge that the case be dropped, people.com adds.

Sutherland, 42, was charged with third-de-

gree assault, a misdemeanor. Sutherland's next scheduled court appearance is June 22.

Sutherland, who's currently serving a five-year probation term for a DUI conviction, may not be off the hook with L.A. prosecutors, who've stated their intention to review the New York case as a possible probation violation and could seek possible jail time, people.com reports.

METRO NEWS SERVICES

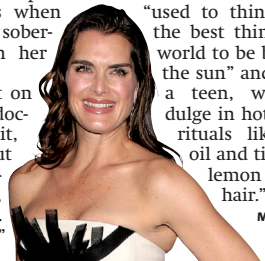


Sun seeker Brooke reformed

BEAUTY RITUAL She's got one of the most recognizable — and radiant — faces in the world. But years of sun worship caught up with Brooke Shields when she got some sobering news from her doctor recently.

"I had a spot on my face. The doctor scraped it, and it turned out to be precancerous," Shields, 43, tells People. "I was scared."

The actress had the spot removed and says she's doing "fine." But the cancer scare served as a wake-up call for a woman who "used to think it was the best thing in the world to be baking in the sun" and who, as a teen, would indulge in hot-weather rituals like "baby oil and tinfoil and lemon in your hair."



METRO NEWS SERVICES

Hey, paparazzi: Paris' phone lost

UH OH Paris Hilton had a scare while at the Cannes Film Festival last week. The heiress lost her phone, and was seen frantically retracing her steps at the Hotel Du Cap.

"I don't know where or when it went missing but I know I've got to find it," Hilton told the Daily Mail. "It's the worst thing that could have happened. It has all my contacts in it and the last thing I want is for it to fall into the wrong hands."

METRO WORLD NEWS



Justin dumps his roommate

GROWING UP Justin Long was forced to move out of the California home he shared with comedy actor Jonah Hill — after realizing they were acting "like an old married couple," femalefirst.co.uk reports.

Long, now 30, set up a bachelor pad with 25-year-old Hill while they pursued their dreams of making it big as movie stars.

But Long, who's rumoured to be back together with on-off girlfriend Drew Barrymore, flew the nest after a string of nagging fights with Hill over how to keep their house clean.

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Kelly's custody battle goes down the potty

FAMILY DYSFUNCTION Gossip Girl star Kelly Rutherford and her ex-husband Daniel Giersch continued their custody battle of two-and-a-half-year-old son Hermès at Los Angeles County Superior Court in Santa Monica last Friday, us-magazine.com reports.

The couple — who filed for divorce in January after two years of marriage — is

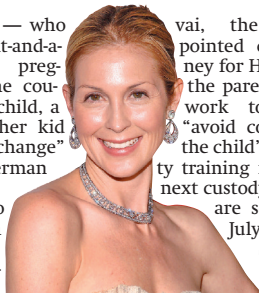
also fighting over a litany of other parenting issues — including when Hermès, who is set to enter preschool this fall, will be potty trained. (Rutherford has also told Us she continues to breastfeed her son.) Rutherford and Giersch agreed to have their son wear a pull-up diaper and begin potty training when he "desires."

Rutherford — who is about eight-and-a-half months pregnant with the couple's second child, a girl — said her kid began to "change" when his German businessman father tried to potty train him.

Amir Pich-

vai, the court-appointed child attorney for Hermès, said the parents need to work together to "avoid confusion to the child" on the potty training issue. Their next custody trial dates are set for late July.

METRO NEWS SERVICES



The source added: "From telephone healing sessions to therapeutic foot baths, Mel has tried it all. The flow machine is

Mel's latest holistic gadget."

METRO NEWS SERVICES



Nigel ignites Dance furor with same-sex remarks

OH NO YOU DIDN'T Nigel Lythgoe is defending his comments against a same-sex dance pair on Thursday night's So You Think You Can Dance premiere, us-magazine.com reports.

The judge sparked outrage after he told male partners Misha Belfer and Mitchel Kibel: "I think you will probably alien-

ate a lot of our audience. I mean, we've always had the guys dance to-

gether on the show, but they've never really done it in each other's arms before.

"Do you know what? I'd like to see you both dancing with a girl," he continued.

After the show, he posted on Twitter: "The same-sex ballroom guys

did remind me of Blades of Glory. However, I'm not a fan of Brokeback ballroom."

GLAAD president Neil G. Giuliano released a statement Friday: "It's unacceptable for this kind of blatant homophobia to occur. Fox Entertainment and Nigel Lythgoe owe Misha, Mitchel and the

whole LGBT community an apology."

Lythgoe stuck by his comments on Twitter, writing in response: "I am very sad the word 'homophobe' is being used."

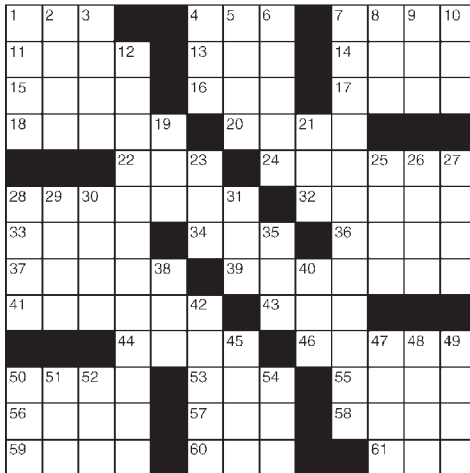
"That is someone who hates homosexuals. I dislike effeminate dancing! Wake up and listen!"

METRO WORLD NEWS



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



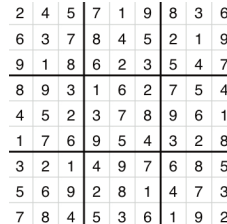
Crossword across

- 1 I love (Lat.)
4 Recede
7 Detest
11 Overextended
13 Hair-salon item
14 First victim
15 Afrikaner
16 "— whiz!"
17 57-Across site
18 Confused
20 On pension (Abbr.)
22 Commotion
24 Snapshots
28 Automobile framework
32 Bring forth
33 Sharpen
34 Matlock's field
- 36 A Great Lake
37 Enola Gay payload
39 Units of measure
41 Pay
43 "Cool!" (Sl.)
44 Furtive call
46 Teeny-tiny
50 Dog bane
53 Pick a target
55 Counterfeit
56 Prison compartment
57 Floral adornment
58 Polynesian carving
59 Serene
60 "— Winterbourne"
61 Favorite

Crossword down

- 1 Actress Jessica
2 Academic
3 Individuals
4 Omelette necessity
5 "Cheers" order
6 Censor's sound
7 Quickly and in large amounts
8 Homer Simpson's dad
9 Sleuth
10 Wapiti
12 Request for a bribe
19 Billboards
21 Definite article
23 Lubricate
25 Ripped
26 "Grapes of Wrath" type
- 27 Gets a glimpse of
28 Bloke
29 Vagrant
30 Unsigned (Abbr.)
31 Despondent
35 Marry
38 Clear the tables
40 Prized possession
42 Song of praise
45 Layer
47 Ante, maybe
48 Autumn tool
49 Leave out
50 Media watchdog org.
51 Meadow
52 Right angle
54 Wrong (Pref.)

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

Find today's answers + play more games at metronews.ca

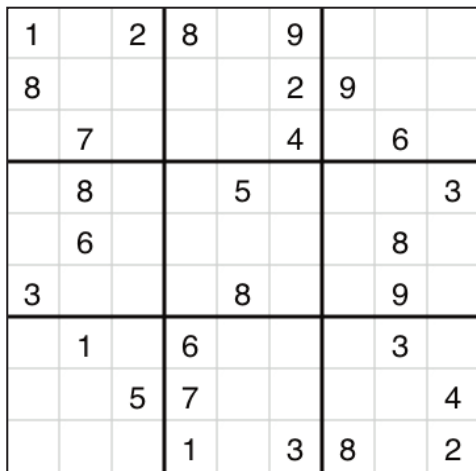
SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Pepper Steak with Leek Mashed Potatoes

INGREDIENTS:

2 tbsp (25 ml) mixed or black peppercorns, coarsely crushed
4 beef tenderloin steaks, 3/4-in. (2 cm) thick, trimmed
1 tsp (5 ml) extra virgin olive oil
chopped parsley or snipped fresh chives to garnish

LEEK AND MUSTARD MASHED POTATOES:

2 lbs (900 g) potatoes, peeled and cut into chunks
2 tsp (10 ml) extra virgin olive oil
200 g leeks, finely chopped
1/2 cup (125 ml) low-fat milk
1 tbsp (15 ml) whole-grain mustard
1 1/2 tbsp (25 ml) reduced-salt margarine
pepper to taste

METHOD:

- Place potatoes in pot and pour over boiling water to cover by 2 in. (5 cm). Bring back to boil, then reduce heat and cook for 15–20 minutes or until potatoes are very tender.
- Meanwhile, spread crushed peppercorns on plate and press steaks into them until coated with peppercorns on all sides.
- Heat oil for mashed potatoes in nonstick frying pan.

Add leeks and cook, stirring constantly 3–5 minutes or until tender. Transfer to plate lined with two layers of paper towel to drain. Heat milk in pot until hot.

4. When potatoes are tender, drain them, shaking colander or sieve to remove any excess water, and return to pan. Pour hot milk over potatoes; mash until completely smooth. Add leeks, mustard and margarine, and season with pepper. Beat well to mix, then cover and keep warm.

5. Heat ridged cast-iron broil pan over high heat until hot. Brush pan with olive oil, then reduce heat to medium-high. Place steaks in pan and cook 3 minutes per side for rare, 3 1/2 minutes per side for medium-rare, 4 minutes per side for medium, 5 minutes per side for well done.

6. Mound potatoes on each warmed plate and place steak next to it. Drizzle pan juices over steaks and sprinkle with parsley or chives. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20

This should be a fun time of year for you, so push so-called serious matters aside and seek out people you can enjoy yourself with.

LIBRA

SEPT 23-OCT 23

The sun in Gemini at this time of year encourages you to be more adventurous, and if that means cutting ties that bind then so be it.

TAURUS

APRIL 21-MAY 21

There's still much you can achieve this year, but to make the most of your talents you need to cut back on your plans. Be selective.

SCORPIO

OCT 24-NOV 22

It's no longer a case of "if" you will have to make changes to your financial situation but "when." Think long-term but act soon.

GEMINI

MAY 22-JUNE 21

A new solar year is under way and you have every intention of making it the best one ever. If you can imagine it, you can do it.

SAGITTARIUS

NOV 23-DEC 21

The sun's transit of your opposite sign of Gemini means partners and loved ones have the upper hand — for the time being, at least.

CANCER

JUNE 22-JULY 22

The sun is transiting the most thoughtful area of your chart, so just this once look back and wonder how taking a different course would have turned out.

CAPRICORN

DEC 22-JAN 20

You may be eager to do more and do better but the planets warn you cannot possibly keep up this red hot pace forever.

LEO

JULY 23-AUG 23

This is a truly excellent time for friendships, social events and group activities so get out and about and see and be seen.

AQUARIUS

JAN 21-FEB 18

The sun in Gemini makes you eager to get started but your aim today must be to get your priorities straight. Focus comes first.

VIRGO

AUG 24-SEPT 22

Your destiny is in your hands and that's a fact you can no longer deny. Events matter, but how you choose to react to them matters more.

PISCES

FEB 19-MARCH 20

Cosmic activity suggests something will upset you today. Have a good cry if it makes you feel better. You'll bounce back tomorrow.

WORDY GURDY®

1. Ailing Pickles baby on "Rugrats" (1)
2. Disney Possible girl's arms and legs (1)
3. Anger a "South Park" boy (1)
4. Simpson boy's cards in a suit (1)
5. "King of the Hill" boy's entrances (2)
6. Wacko "Family Guy" baby (2)
7. A Powerpuff Girl's playing-dead critters (2)

Every answer is a rhyming pair of words like FAT CAT and DOUBLE TROUBLE, and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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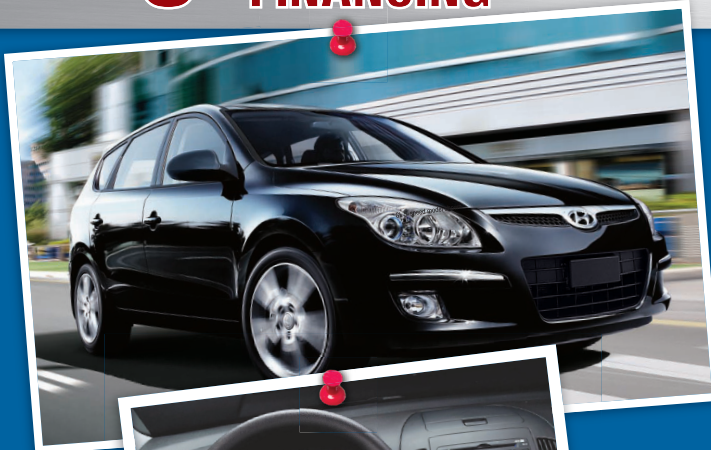
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